



## MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES

### How to...WHACK the Flu!!!

*Skit and Flu Prevention Presentation*

This is a skit for 2 people to present to elementary school children to demonstrate basic flu prevention techniques and provide interactive learning on health and flu prevention:

- Please **MEMORIZE**
- Feel free to use your real names
- Have FUN with it- if you are having a good time, so will the kids!

#### AT THE END OF THE SKIT:

- Give posters and related activity materials (if available) to the teacher. Please ask teachers to distribute to students at the end of the day, and remind kids to go over booklet with parents.
- Ask teachers also to put up posters near sinks (if possible) and anywhere else in classroom. Thank teacher again!

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**Intros:** Hello everyone! We are all volunteers with the \_\_\_\_\_ (your organization name \_\_\_\_\_). We are here today to talk to you about how to stay healthy and WHACK the Flu! We have a fun skit for you, and then after that, we'll talk about what WHACK stands for. Are you ready? OK!

**Scene:** Jane enters classroom sniffing & coughing. On her hand is the puppet "Streppy the Germ," which she hides behind her back. Mary is "outside" and will enter shortly.

**Jane:** *(Walking to the front of the room coughing and sneezing; Puts her hand to forehead, and pretends to look ill; Sniffles as she crosses the front of the classroom)*  
Hello everyone. I am here today to talk to you about the Flu. I have some posters about the flu to hang up in your classroom.

**Mary:** *(Walking in through the imaginary door)* Hello Jane! Oooh, you don't look so well.

**Jane:** Hello Mary. Yeah I don't feel well at all. *(Jane continues to cough and sniffle)*

**Mary:** It sounds like you may be getting sick. Have you heard of Streppy the Germ? He is a germ and can make us sick! He lives in many places, even schools!

**Jane:** Streppy the Germ? Oh yeah...I remember now. *(S/he brings the puppet out from behind her back to demonstrate where he might live)* He and his friends live in our nose, on our hands, in our mouth, and almost anywhere we touch with our hands. How do we stop him from getting us sick?!



## MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES

- Mary: Well, one of the most important things we can do to protect ourselves from Streppy & his nasty little flu germ friends is to **WASH OUR HANDS!** I definitely don't want to get all these kids sick! I would rather take 30 seconds and wash my hands with warm soapy water.
- Jane: *(Coughing and sneezing without covering her nose and mouth)* Oh no! I definitely don't want Streppy the Germ getting these nice kids sick.
- Mary: You know if you cover your coughs and sneezes like this *(Demonstrates coughing into elbow)* you won't get the germs all over the place or on your hands. It is another really good way to help keep others from getting sick when you are sick.
- Jane: Hey... I never thought of that, could you show me again?
- Mary: Sure! Hey kids do you want to help me show Jane how to cover your cough? *(Pretends to cough covering her mouth with inside elbow and supporting kids practicing with her)*
- Jane: That is great!
- Mary: Why don't we all practice washing our hands at our desks, and that way anyone who has any germs on them can wash them off so they don't get sick! *(Everyone starts "washing" his or her hands)* Let's sing a song to make sure we do it for long enough. You should wash for 30 seconds. How about we sing, "Wash, wash, wash your hands". *(Sing the song with the class twice through; as Jane washes, the germs fall off her arms and chest area)*

[To the tune of "**Row, row, row your boat**"]

Wash, wash, wash your hands  
Play our handy game!  
Rub and scrub, and scrub and rub  
Germs go down the drain, HEY!

Wash, wash, wash your hands  
Play our handy game!  
Rub and scrub, and scrub and rub  
Dirt goes down the drain, HEY!

*(Toward end of the second verse, Jane pulls the puppet off her hand and shows the class her clean hands)*



## MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES

- Jane: Great job everyone! Thanks for practicing hand washing with us. Washing your hands is part of WHACKing the Flu! Let's go over what WHACK stands for... (*She puts the puppet back on her hand discreetly while Mary is talking*)
- Mary: **W is for Wash your hands.** Which you all just did so well! It is important to wash your hands often and for 30 seconds. Use soap and water. This will protect you from nasty germs and viruses so you don't get sick like Jane. And remember to tell others to wash their hands too!
- Streppy: **H is for Home is where you stay when you are sick.** Another really important thing to do is stay home if you are sick. Then you won't spread germs and get your classmates and teachers sick.
- Jane: **A is for Avoid touching your eyes, nose and mouth.** These are the places that little germs like Streppy like to use to get into your body, so if you have a runny nose, don't touch it with your fingers. Make sure you use tissues and throw them out.
- Mary: **C is for Cover your coughs and sneezes.** I know you all know how to do this, but lets practice one more time (*class practices coughing in elbow*) Remember, this keeps the germs from getting on your hands and spreading on to everything you touch.
- Streppy: **K is for Keep your distance from sick people.** Don't hang out with people who are coughing and sneezing, because that could make you sick.
- Jane: All of this is here for you on this cool poster we gave your teacher, who put it up to help you remember to WHACK the flu.
- Mary: **So remember to practice these habits EVERY day** – they are the BEST things to do for *anything* that is spread through coughing and sneezing germs, whether it is a cold, or the flu! By following these simple rules, we can WHACK the flu and keep from spreading our germs to others.
- Streppy: Thanks for letting us come and talk to you today. Have a great day and remember to...
- All together: **WHACK THE FLU!**